

Safety Planning for Teens in Abusive Dating Relationships

The following are tips you might think about to increase your safety:

General Safety

- Stay in touch with your friends; and, make it a point to spend time with people other than your partner.
- Stay involved in activities that you enjoy. Don't stop doing things that you enjoy that make you feel good about yourself.
- Make new friends. Increase your support network.
- Take a self-defense class.
- Consider looking into resources at your school or in the community. Think about joining a support group or calling a crisis line.

Safety at School

- Try not to be alone. Let your friends know what is happening and have them walk to classes and spend time during lunch with you.
- Tell teachers, counselors, coaches, or security guards about what is happening. Have them help you be safe.
- Change your routine. Don't always come to school the same way, or arrive at the same time. Always ride to school with someone. If you take the bus, try to have someone with you.
- Consider rearranging your class schedule.
- Always keep change with you so you can make phone calls.
- Consider applying for an order of protection.

Safety at Home

- Try not to be alone at home.
- Consider telling your parents or other family members about what is happening. They can help you screen telephone calls or visitors.
- Make a list of phone numbers. Included on this list should be emergency numbers like 911, as well as supportive friends who you can call when you are upset. Put the numbers of crisis lines on the list.
- If you are alone at home, make sure the doors are locked and the windows are secure.

Safety with your Partner

- Try not to be alone with your partner, or to be alone in an isolated or deserted location. Go out to public places.
- Try to double date or to go out with a group of people.
- Let other people know what your plans are and where you'll be.
- Try not to be dependent on your partner for a ride.
- Always keep change with you so you can make a phone call.
- Trust your instincts. If you feel you are in danger, call the police. Get help immediately. Do not minimize your fears.

Safety when Breaking Up With your Partner

- Break up with your partner in a public place.
- Tell other people that you plan to break up with your partner. Let them know where you will be.
- Arrange to call a friend or counselor after you talk with your partner so that you can debrief about what happened.

-*Love Shouldn't Hurt* School Project, [King County Domestic Violence Public Education Campaign](#).